

Here's Looking at You

Focus Age Group: K-12th Grades, Grade specific

Number of Lessons:

K- 4th grade, up to 18 lessons each; 5th –12th grade, up to 33 lessons each (the lessons are grade specific and most schools rotate kits through the specified grades four times a year.)

Cost:

\$715- \$1415

Meets the Following State Standards:

See Attached Sheet

Objectives of Curriculum:

A researched-based, mixed-media prevention program focused on the gateway drugs of alcohol, nicotine, and marijuana. The program is designed to promote healthy norms, increase protective factors, and reduce risk factors correlated with drug use. Lessons feature skills on how to be assertive, use self-control, stay out of trouble, make friends, make good decisions, and communicate those decisions to others.

Curriculum Contents:

Each individual grade has a kit with most grades containing the following examples:

- Teacher's Guide
- Message Posters
- Game
- Question Box
- Magazine: Here and Now
- Books
- Cards
- Posters
- Myth/Fast Posters
- Audiocassettes
- Videos
- CD-ROM

Contact Information:

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Maricopa County Tobacco Use Prevention Program

State of Arizona Content Standards

Here's Looking at You (Grade 4)

Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
1: The Adventures of X	Comprehensive Health	<p>Standard #1: Students comprehend concepts related to health promotion and disease prevention.</p> <p>Standard #2: Students demonstrate the ability to access accurate health information.</p> <p>Standard #3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p>Standard #6: Students demonstrate the ability to use goal setting and decision-making skills to enhance health.</p>	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Obtain and utilize accurate health resources from home, school, and community.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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2: We All Have Strengths	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: Students demonstrate the ability to use interpersonal skills to enhance health. Standard #6: see above	Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death. Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Explain the importance of assuming responsibility for personal health behaviors. Predict how decisions regarding health behaviors have consequences for self and others. Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
3: Alcohol – Day 1	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
4: Alcohol – Day 2	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
5: Smoke Gets Ins	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
6: The Quitters	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above Standard #7: Students demonstrate the ability for personal, family and community health.	Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death. Describe how family and peers influence the health of adolescents. Analyze how environmental health and personal health are interrelated. Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Explain the importance of assuming responsibility for personal health behaviors. Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i> : exercise, sleep, nutrition; <i>risky</i> : the use of tobacco, alcohol, and other drugs). Predict how decisions regarding health behaviors have consequences for self and others. Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities. Identify barriers to effective communication of information about health issues. Demonstrate the ability to support others in making positive health choices.

Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
7: Tobacco, Chew, and You	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
8: Marijuana	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
9: Consequences	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe how family and peers influence the health of adolescents.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
10: Influences	Comprehensive Health	Standard #1: see above Standard #2: see above Standard #3: see above Standard #4: Students analyze the influence of culture, media, technology and other factors on health. Standard #6: see above Standard #7: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe how family and peers influence the health of adolescents.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Describe how media influences (<i>sic</i>) the selection of health information and products (e.g., exercise equipment, cosmetics).</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Analyze how messages from media and other sources influence health behaviors.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p> <p>Analyze various media for language, subject matter, and visual techniques used to influence health-related information and decision-making.</p> <p>Identify barriers to effective communication of information about health issues.</p>

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Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
11: Don't Even Try It	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Develop injury prevention and management strategies for personal and family health, including ways to avoid and reduce threatening situations.</p> <p>Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
12: The Refusal Skill for Self-Control	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Develop injury prevention and management strategies for personal and family health, including ways to avoid and reduce threatening situations.</p> <p>Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
13: The Refusal Skill – Day 1	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Develop injury prevention and management strategies for personal and family health, including ways to avoid and reduce threatening situations.</p> <p>Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
14: The Refusal Skill – Day 2	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Develop injury prevention and management strategies for personal and family health, including ways to avoid and reduce threatening situations.</p> <p>Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
15: Hooked	Comprehensive Health	Standard #1: see above Standard #2: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Describe situations requiring professional health services.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>
16: Lots of Kids like Us – Day 1	Comprehensive Health	Standard #1: see above Standard #2: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe how family and peers influence the health of adolescents.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Obtain and utilize accurate health resources from home, school, and community.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
17: Lots of Kids like Us – Day 2	Comprehensive Health	Standard #1: see above Standard #2: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe how family and peers influence the health of adolescents.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Obtain and utilize accurate health resources from home, school, and community.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
18: Just the Facts	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., <i>responsible</i>: exercise, sleep, nutrition; <i>risky</i>: the use of tobacco, alcohol, and other drugs).</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
19: Transfer	Comprehensive Health	Standard #1: see above Standard #3: see above Standard #5: see above Standard #6: see above	<p>Explain the relationship between positive health behaviors and health care and the prevention on injury, illness, disease, and disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Develop injury prevention and management strategies for personal and family health, including ways to avoid and reduce threatening situations.</p> <p>Analyze the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.</p> <p>Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.</p> <p>Predict how decisions regarding health behaviors have consequences for self and others.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities, and responsibilities.</p>

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